Psychiatric Medications: A Brief Overview
By Erica Mahan, Pharmacist, Alps Discount Pharmacy

The term “psychiatric medication” covers a broad mixture of medications used to change a part of the chemical makeup in a person’s brain. The brain has many neurotransmitters, and psychiatric medications alter the neurotransmitter systems to help to treat whatever diagnosis a patient has been given. The brain is a very complex organ and new medications are consistently being developed to work better on more specific areas and new neurotransmitters. Because the brain is so complex, many psychiatric medications are used for multiple things. This article will list some of the most common uses for each class mentioned.

Antidepressants: Antidepressants are commonly used to treat depression and anxiety. Most antidepressants work on the neurotransmitters serotonin and norepinephrine.

- **Examples:** Celexa (Citalopram), Prozac (Fluoxetine), Paxil (Paroxetine), Zoloft (Sertraline), Lexapro (Escitalopram), Cymbalta (Duloxetine), Effexor (Venlafaxine)

  **Counseling notes:** Antidepressants can take up to 4-6 weeks to see a true effect on symptoms. This is very important to keep in mind when a patient begins taking one of these medications. Things will not immediately get better. It is important to not get frustrated, but to continue the medication for an appropriate amount of time to see if it is working. Along with this, if the symptoms of depression or anxiety get worse after starting the medication, like thoughts of wanting to harm yourself or others, then it is likely not the best choice and a change to a different medication may be best.

Antipsychotics: Antipsychotics are commonly used to treat bipolar disorder, schizophrenia, and depression. Most antipsychotics adjust the amount of another neurotransmitter in the brain, dopamine. There are 2 types of antipsychotics, typical and atypical. Typical antipsychotics are older medications that usually have more side effects and atypical antipsychotics are newer medications that have been developed to help to reduce side effects.

- **Examples:** Typical: Haldol (Haloperidol), Thorazine (Chlorpromazine); Atypical: Abilify (Aripiprazole), Invega (Paliperidone), Risperdal (Risperidone), Seroquel (Quetiapine)

  **Counseling notes:** Long-term use of antipsychotics has been proven to cause weight gain and can potentially lead to diabetes. The atypical antipsychotics have less of a risk to cause these symptoms, but it is still common. These medications usually show noticeable effects on psychiatric symptoms within 1-2 weeks.

Anxiolytics and Hypnotics: These medications include benzodiazepines and z-drug hypnotics. Benzodiazepines can be used for anxiety, sleep, seizures, muscle relaxation, agitation and withdrawal symptoms. Z-drug hypnotics are used for sleep. Both of these types of medications change the GABA neurotransmitter system in the brain.

- **Examples:** Benzos: Xanax (Alprazolam), Klonopin (Clonazepam), Valium (Diazepam), Ativan (Lorazepam); Z-drugs: Ambien (Zolpidem), Sonata (Zaleplon), Lunesta (Eszopiclone)

  **Counseling notes:** All of these medications can cause drowsiness, dizziness, and decreased concentration. Caution should be taken when driving as well as for the potential of falls while taking these medications. The goal with these medications is to only use them for a short time or only as needed to treat symptoms.

These are three of the most commonly used classes of psychiatric medications. Mood stabilizers, stimulants and long-acting injectable antipsychotics are also used in psychiatric practice to help patients handle difficult diagnoses. Medications play a big role in psychiatric treatment, and can make seemingly impossible situations become manageable to many patients.
Rising Stars. Raising Hopes.

The Price Cutter Charity Championship presented by Dr Pepper is your chance to see the PGA’s future greats playing to give local kids great futures. This year we are celebrating our 27th anniversary, and our goal is enormous as usual. Since the tournament began in 1990, it has raised almost $13 million for children’s charities throughout the Ozarks. The Price Cutter Charity Championship presented by Dr Pepper (PCCC) is a PGA Tour golf tournament on the Web.com Tour. The event is played at Highland Springs Country Club in Springfield, and is the parent to myriad related events hosted throughout the Ozarks. Be a part of this year’s success! Purchase your tickets at Nami Southwest Missouri and your donation goes directly to NAMI Southwest Missouri

Top 10 Reasons Why Someone Should Buy a Sweepstakes Ticket.

1. You play a part in helping NAMI Southwest Missouri raise funds

2. You could win a new red, Ford truck listed at over $38,000 and won’t have to haul your mulch in the back of your car anymore.

3. You could win $10,000 in cash to spend however you wish.

4. You are eligible for daily prizes, a $25.00 gift card to local restaurants, shops, gas, grocery, etc. 500 prizes total over the 4 days of the tournament.

5. You could receive a charitable tax donation on your tax return.

6. You are helping your favorite charity which receives the entire $25.00 to help with their mission.

7. You will make NAMI Southwest Missouri VERY HAPPY!

8. You have access to a beautiful golf course to follow the golfers many of whom will go on to become top PGA players.

9. You receive Free admission all 4 days to the golf tournament.
NAMI Southwest Missouri and the Hope Center recently nominated Juanita Gitney for the Gift of Time Awards. All nominees were recognized at a luncheon June 30. Below is the nomination submitted. We are extremely proud of Juanita and her contribution to the Hope Center.

Juanita Gitney’s journey to NAMI Southwest Missouri started before she ever knew it – when she was a child watching her mother live with mental illness. In the 50s and 60s the support system for individuals living with mental illness didn’t exist much outside of mental institutions. Juanita watched her mother being placed in an institution, not being allowed to see her children and giving up all hope. Years later in 2002 Juanita experienced a deep depression that kept her home, unable to work and unable to communicate with her doctor. Eventually Juanita did call her doctor who advised her to go to the emergency room, where she was taken to the Marian Center. It was there that Juanita first heard of NAMI SWMO and the Hope Center. After receiving short term disability, becoming homeless, then moving to the Missouri Hotel, Juanita opened a box of possessions in 2011 and found the brochure about NAMI she had received several years earlier. It was then, when she called the peer support Warm Line, that she connected with NAMI SWMO and the Hope Center and learned that she was not alone and that recovery was possible.

Giving back to others has helped complete Juanita’s journey to NAMI and the Hope Center. Juanita has been volunteering at the Hope Center for four years. During this time she has volunteered an estimated 7,280 hours this organization. She serves as a Support Group Facilitator, Warm Line Responder, In Our Own Voice Presenter and front desk receptionist. Juanita has devoted her time to helping others who live with a mental illness by giving them support, guidance, and encouragement. All the things that her mother did not have. As one of the many volunteers at the Hope Center, Juanita arrives at NAMI five days a week and staff know that they can always count on her to be there, to fill in when necessary, and to assist wherever needed.

Of the 30 support groups offered weekly, Juanita currently facilitates five, the most of any facilitator. Not only does she facilitate these groups but numerous times throughout the week, Juanita is filling in for another facilitator that is unable to make it to their session. The number of Warm Line calls that Juanita has responded to over the years are too many to count. She attentively listens to what the caller want to share, offers coping skills, shares her experience, and talks with them through both difficult and good times.

Juanita believes that had her mother had the support she herself has received through NAMI, her mother would have been able to lead a life of recovery and to stay with her children. To anyone living with a mental illness, Juanita says that recovery is possible. That you can do anything you put your mind to and that you are not alone and every life matters. 
ILLUMINATING
THE
DARKNESS

Walk/Run for Suicide Prevention
Saturday, September 17, 2016

6:00 pm  Sign-in and Registration
7:30 pm  Run/Walk Starts

McBride Elementary  I  5005 S. Farm Road 135, Springfield, MO

Register online at www.ActNowRacing.com

Packet Pick Up will be September 16, 2016 from noon - 6:00 pm
at NAMI Southwest Missouri office, 1443 N. Robberson, Suite 408
Springfield, MO (Cox North Medical Tower - 4th floor)
NAMI Southwest Missouri
in the Community

Upper left: Pridefest Event
Upper right: Mental Health Awareness Month
Left: Candlelight Celebration
Left Below and Bottom Left: The Faces of Mental Illness
Below: MSU Volleyball Tournament
Below Right: Book Signing Event

NAMI SWMO Hope Center Calendar of Events

Wednesday, July 20  Town Hall meeting—1:30pm
Friday, July 29  The Hope Center Annual Picnic—Doling Park at 11am
August 21 –23  Real Voices Real Choices Conference

Other Upcoming Events

July: National Minority Mental Health Awareness Month
August 5-15: Price Cutter Charity Championship
August 18: United Way Day of Caring
August 22-23: Real Voices Real Choices Conference, Lake Ozark
September 17: Illuminating the Darkness
September 23: NAMI MO Provider Workshop, Springfield
Convoy of Hope hosts event to provide HOPE for our Community

Nami Southwest Missouri came together with thousands of volunteers to provide free services for those in need in Springfield. More than 8,000 people came to the event where they were offered groceries, health education, job services, lunch, a Bible and more. Everything was free and identification was not required. It was held at Ozark Empire Fairgrounds. Jeff Nene, spokesman for Convoy of Hope, called the event "picture perfect. "Perfect weather. Great crowd. Great volunteers. And the community really came together to help," Nene said. "All the involvement, from the churches to businesses to community agencies and other nonprofits. We always see good cooperation in all the cities we work in. But I've got to tell you, it was exceptional cooperation." While We may not be able to change the choices people make, but we can increase the choices people have for a better tomorrow.
Corporal Chris Welsh
Honored at
2016 CIT Officer of the Year

Crisis Intervention Teams play a vital role in the live of persons wiling with mental illness. “These teams are law enforcement officers who have chosen to take the extra step to receive training to help promote and support collaborative efforts to create and sustain more effective interactions among law enforcement, mental health care providers, individuals with mental illness, their families and communities and also to reduce the stigma of mental illness.“ (Source: CIT International).

Corporal Chris Welsh was honored recently as the first CIT Officer of the Year for his dedication to the Crisis Intervention Team, Springfield Police Department. Corporal Welsh has been involved in the CIT Program for the past seven years. His interest began as he was working with the homeless on Commercial Street, while he was assigned to the Center City Patrol Squad. He wanted to seek different options other than the emergency room or jail for those living with mental illness. Corporal Welsh attended the basis and advanced CIT training and is currently the CIT Coordinator for the Springfield Police Department. He is a member of the Missouri State CIT Council, Missouri POST Certified Generalist Instructor and Instructor and Coordinator for the 40-hour CIT Course for the Springfield Police Department Academy. Corporal Welsh began his career with the Springfield Police Department in May 1995 in the 39th Academy Class. He has certifications in FTO, MCI, Hostage Negotiator, Rifle, Less Lethal, Bike Qualified and was promoted to the rank of Corporal in 2014. He is currently assigned to the Community Services Section as the Special Event Coordinator. Corporal Welsh has received several awards from Springfield Police Department.
There is power when we stand together. It is a power beyond the words we often say to one another. So tonight, we gather to stand together.

We stand
with brothers and sisters and siblings living with mental illness,
with brothers and sisters and siblings researching and providing new understanding of our brains,
with brothers and sisters and siblings offering deep care and love.

We stand
offering our desires for healing where healing in needed
our hope for new opportunities,
giving deep gratitude for the possibilities ahead.

As we gather, we are present here and now, let us take a moment to be silent, to hold this place, this space in our hearts.

*Silence*

Light of our lives, tonight we stand together as community.
We gather because we know we are stronger when we come *together.*
We gather to celebrate the light.

We gather because too many of our brothers, sisters and siblings have experienced stigma, shame, because of mental illness. So, tonight we center ourselves around sparks of light.
Small sparks alone in the night can seem overwhelmed, many sparks gathered together fill the darkness with hope and possibility.

Our culture is filled with information that tear people apart, we offer prayers for hope, for information that supports us where we are on our journey and rids our community of ignorance.

We long for spaces of healing, for troubled minds and hearts and lives.

We give thanks for the works of the National Alliance of Mental Illness in our community and for the people and voices creating these sacred spaces.

We know greater treatment and opportunities will come, we pray they will come soon.

Creating Spirit, we celebrate and give thanks for new treatments and places where we can fully be ourselves in all our joy, anxieties, longings, pain, and hope.

We give thanks for the light, in each one of us, gathered here, and the brightness of the light of our community. May it be so.
Welcome to The NAMI SWMO Hope Center!

The NAMI Hope Center is what is known as a COSP, or a “Consumer Operated Service Provider,” which means an organization that is staffed with and run by people who have a personal, lived experience with the same issues as the people who use the service. In this case, that means that the staff and volunteers are on the same recovery path as you!

My name is Jennifer, and I am in recovery. I personally have lived with an anxiety disorder and a depressive disorder, as well as with addiction problems. Besides dealing with my own mental health issues, several members of my family have a mental illness, including ADHD, Bi-polar Disorder, PTSD, Asperger’s Syndrome, and Borderline Personality Disorder. I have struggled with many of the same life experiences that many of our consumers have such as abuse, abandonment, and divorce.

While these things may break us and bring us low, I believe that recovery is not only possible, but reachable. It is not easy, but with a support system it can be done—and that’s where The Hope Center comes in! We offer many different support groups led by peers as well as a library, a kitchen, and a comfy reception area to hang out in. We offer you a place to be where everyone you meet understands what it means to live with a mental illness. We give you a safe place to talk about your feelings and experiences. We specialize in HOPE!

We are so glad that you are here. No matter where you are in your personal journey, we believe that you are a person of value and potential.

And you are not alone.

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NAMI Southwest Missouri Welcomes New Hope Center Director, Jennifer Hungerford

NAMI Southwest Missouri Membership

Join!

Membership with NAMI Southwest Missouri includes NAMI and NAMI Missouri. Members stay informed about research breakthroughs and recovery with the NAMI Advocate Magazine and the NAMI Missouri and Southwest Missouri newsletters.

NAME__________________________________________
Address__________________________________________
City_____________________State_______________________Zip______________
I want to receive email alerts ______Yes ________No
Email address__________________________________________

Annual Membership Dues

___________Individual/Family $35
___________Limited Income $3 $__________Tax deductible donation to
NAMI Southwest Missouri

NAMI Southwest Missouri
1443 N. Robberson Suite 408, Springfield, Missouri 65802